



Chocolate and Coconut Cream Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



502 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 15 ounce cream of coconut sweetened canned (such as Coco López)
- ☐ 1 slices fruit fresh whole 1-inch-thick assorted cored peeled (such as strawberries, banana, 1-inch cubes pineapple, and tangerine segents)
- ☐ 12 ounces bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.3 cup whipping cream

Equipment

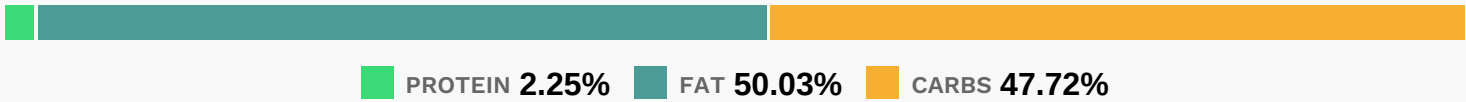
- ☐ sauce pan

☐ pot

Directions

- ☐ Combine sweetened cream of coconut and 12 ounces chocolate in heavy large saucepan. Stir mixture over very low heat until chocolate melts and mixture is smooth. Stir in whipping cream and extract. (Fondue can be prepared 8 hours ahead. Cover; store at room temperature. Stir over low heat to rewarm before serving.)
- ☐ Transfer mixture to fondue pot.
- ☐ Place over candle or canned heat burner.
- ☐ Serve with fruit for dipping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.0260870280149%

Nutrients (% of daily need)

Calories: 502.18kcal (25.11%), Fat: 27.84g (42.83%), Saturated Fat: 19.05g (119.08%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 54.58g (19.85%), Sugar: 51.3g (57%), Cholesterol: 10.96mg (3.65%), Sodium: 32.86mg (1.43%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Caffeine: 36.57mg (12.19%), Protein: 2.81g (5.63%), Manganese: 0.56mg (28.2%), Copper: 0.53mg (26.59%), Fiber: 5.17g (20.7%), Magnesium: 75.39mg (18.85%), Iron: 2.7mg (14.98%), Phosphorus: 114.9mg (11.49%), Zinc: 1.14mg (7.63%), Potassium: 248.52mg (7.1%), Selenium: 3.8µg (5.42%), Vitamin K: 3.31µg (3.15%), Calcium: 31.3mg (3.13%), Vitamin A: 130.97IU (2.62%), Vitamin E: 0.32mg (2.13%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.36mg (1.81%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.09µg (1.47%), Vitamin B1: 0.02mg (1.01%)